Transforming

Labor Tips

Pre/Early Labor

- Try and ignore contractions as much as you can before they intensify.
- Remember to hydrate, eat well and rest/sleep during this phase.
- Relax your mind by not timing contractions early on.
- As contractions seemingly become consistent over a period of hours, relax your body through passive relaxation, becoming fully limp like a rag doll & breathing from your belly.

Active Labor

- 5-1-1 Rule: Contractions are
 5min apart, lasting for 1 min,
 and this has been the case for
 1 hour. Let the Doula know!
- ✓ Move your hips, bend your knees if standing, move positions every
- Focus on 3R's: Relax, Rhythm,
- ✓ Rest & hydrate in between

Getting into Active Labor

- Expect nausea, shaking, things getting a bit more difficult. Wiff peppermint oil and place a cool rag behind your neck.
- Remember to breathe deeply from belly and center yourself into a deeper
- Utilize positions we went over. Motion is lotion!
- ✓ Take note of the timing of your contractions, but don't become distracted with them. Find your rhythm!